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## Team Nutrition

Improve children's lifelong eating and physical activity habits through nutrition education based on the principles of the Dietary Guidelines and MyPlate

- Training and technical assistance
- Fun and interactive nutrition education
- Supportive wellness environments




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## What is Farm to CACFP?



- Purchasing local foods for snacks and meals
- Promoting access to local foods
- Incorporating agricultural/nutrition education
- Taste testing with local food
- Participating in Harvest of the Month
- Starting and maintaining gardens
- Taking field trips to farmers markets & farms
- Implementing policies that include Farm to CACFP activities

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## Why is Farm to CACFP Important?

- Can increase children's willingness to try new foods
- Influences the eating habits of young children while their preferences are forming
- Benefits local and regional farmers
- Increases access to healthy environments for improved early eating habits




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## Buying Local for CACFP

- Competitively purchasing directly from a producer
- Through a distributor
- Local foods section of grocery stores
- Food hubs
- Farmers' markets
- Gardens (CACFP funds can be used for garden items)
- Must procure all goods and services using the procurement regulations
- You can define "local" however you choose



[http://www.fns.usda.gov/sites/default/files/f2s/CACFP11\\_2015\\_Local%20Foods%20in%20CACFP\\_03%2013%202015.pdf](http://www.fns.usda.gov/sites/default/files/f2s/CACFP11_2015_Local%20Foods%20in%20CACFP_03%2013%202015.pdf)

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## Gardening and CACFP

- Promote **healthy lifestyles**
- Provide opportunities for **early learning**
- Encourage **social development**
- Nurture **environmental stewardship**
- Instill a sense of **belonging & community**




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## Start Small



## Grow into a BIGGER Garden



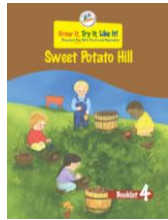
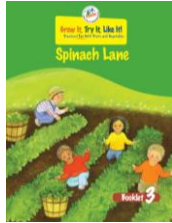
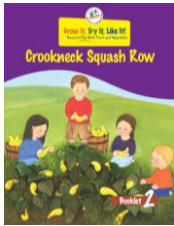
## Grow It, Try It, Like It!

- Developed to help children meet the Dietary Guidelines recommendations
- Creation = collaborative effort
- Garden themed education kit
- Introduces fruits & vegetables to children (3 to 5 years)
- [Click here!](#)





## Preschool Fun with Fruits and Vegetables




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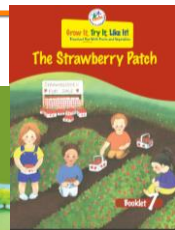
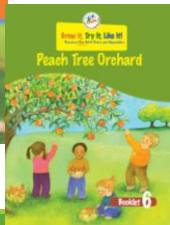
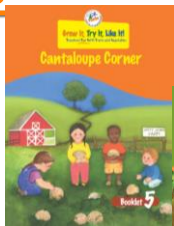
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## Planting Activities

- Learn parts of plants
- Working with seeds
- What plants need to grow
- Observe plant growth




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
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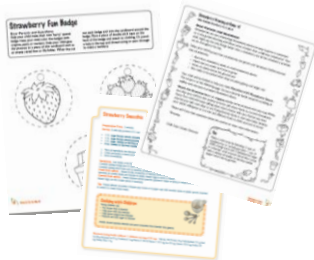
### Art and Crafts Chart

Garden Art or Craft Activity Name	Fruit or Vegetable Activities	Fruit Activities	Vegetable Activities
<b>Art</b> Decorated Garden Bag 	<b>Cantaloupe B2 or B3</b> See Garden Art and Craft Decorated Garden Bag page 27, for a creative connection to this activity.	<b>Strawberry A2</b> Make extra chocolate strawberries to send home in a Strawberry Decorated Garden Bag. See Strawberry Growing at Home #1.	<b>Crookneck Squash B2</b> Send home the crookneck squash seeds each child planted in a cup in a Crookneck Squash Decorated Garden Bag. See Garden Art and Crafts, page 27.
<b>Art</b> Garden Bookmark 	<b>Crookneck Squash A1 or A2</b> See Garden Art and Craft Garden Bookmarks, page 28, for a creative connection to this activity.	<b>Cantaloupe A1 or A2</b> Make Cantaloupe Decorated Garden Bookmarks. Glue cantaloupe seeds in a design on the bookmark. See Garden Art and Crafts, page 28.	<b>Squash A1 or A2</b> Make Squash-Decorated Garden Bookmarks. Trace around a hairy squash leaf on a bookmark. Then hold the leaf over the image with a piece of plastic wrap and rub the plastic over the leaf with the round end of wooden craft sticks. See Garden Art and Crafts, page 28.
<b>Art</b> Produce Placemats 	<b>Peach B2</b> See Garden Art and Craft Produce Placemats, page 29, for a creative connection to this activity.	<b>Strawberry B2</b> Use the Pretend Strawberry Plant to decorate a Produce Placemat. Have the children add drawings of their favorite strawberry recipes. Laminates and use this placemat to review how strawberries grow and how we enjoy strawberries. See Garden Art and Crafts, page 29.	<b>Sweet Potato B2</b> Use the Pretend Sweet Potato Plant to decorate a Produce Placemat. Use the individual plant options and attach the finished plant to one side of the placemat. Have the children add drawings of their favorite sweet potato recipes on the reverse side of the placemat. Laminates and use this reversible placemat to review how sweet potatoes grow and how we enjoy sweet potatoes. See Garden Art and Crafts, page 29.



### Take Home Materials

- Letters to parents
- Family-size recipes; tips for cooking with young children
- Parent/child activity



### Interested in Some Copies?

- E-mail: [carrie.scheidel@iowa.gov](mailto:carrie.scheidel@iowa.gov)
- Quantity and Mailing Address





## Together We Grow Healthy Kids Early Care Education Curriculum

- Haleisa Johnson
- Early Childhood Program Coordinator
- Northeast Iowa Food & Fitness Initiative
- NICC Calmar Campus  
[johnsonha@nicc.edu](mailto:johnsonha@nicc.edu)
- Website  
• <http://www.iowafoodandfitness.org/>



Northeast Iowa Food & Fitness Initiative wants to ensure that caregivers (family and others) of children from birth to age five provide access to healthy food and active play every day.



IOWA STATE  
UNIVERSITY  
Extension and Outreach



LUTHER  
COLLEGE



## Farm to Early Care Education Curriculum




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## Goals of the Curriculum

### 1. Children will become more connected to the foods they eat (learn to identify the foods and where they come from).

- Background: By offering frequent, positive and varied experiences with healthy foods, children will become more familiar with and able to enjoy healthy foods.

### 2. Children's taste preference towards healthy foods will be influenced.

- Background: The preschool years are a critical time for developing lifelong eating habits.

### 3. Families will increase their knowledge about the foods they eat, how to prepare them, and consume more healthy foods in the home environment.

- Background: The home environment is also a critical piece of children's access to healthy foods and influences their food preferences and eating habits. Parent engagement is crucial!

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## Desired Outcomes

- Increased knowledge of 'local' and 'fresh' concepts
- Increased knowledge of fruits and vegetables
- Increased willingness to try new fruits and vegetables
- Trend towards preferring more fruits and vegetables
  - Less likely to prefer unhealthy foods
- Parents:
  - Increased knowledge of farmers' markets, healthy eating practices, reading nutrition labels, identifying obesity risk factors

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## Curriculum Components

\***STEAM (Science, Technology, Engineering, Art & Math)** is an important part of our curriculum. Through hands-on learning experiences, students will:

- ❖ Learn about shapes, patterns, numbers and measurement tools
- ❖ Observe and investigate plant and animal life cycles.
- ❖ Apply technological reasoning as they utilize garden tools and explore topics on the Internet.
- ❖ Make hypotheses, observe/collect data and draw conclusions to learn how the world works around them.
- ❖ Learn to represent plant and animal processes and behaviors through art, music, movement and dramatic play.



## TEACHER PREP

(Before Introducing Monthly Food Investigation)

### DO YOUR HOMEWORK!

Be prepared to answer children's questions and extend their learning

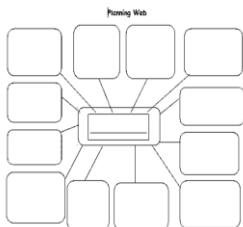


- Where does it grow?
- How does it grow? (vine, in ground, etc.?)
- When is it harvested?
- Other varieties?
- Parts of the plant (vocabulary)
- Fruit or Vegetable?
- Nutrition Facts?
- How to Prepare? Recipes?
- Locate Children's Literature related to food
- Growers in our area?
  - Plan field trip or invite a grower to present
- Ask children, families and community gardeners if they grow this food
  - Invite parents to present



## PLAN for LEARNING OPPORTUNITIES

Prior to the first week of the food investigation, teachers should begin the **Planning Web** process using the acquired background information and locally available resources.







## Three Year Local Food Cycle

### WHY WE USE A 3 YEAR CYCLE?

- WE HAVE NUMEROUS LOCAL FOODS IN IOWA THAT CHILDREN AND FAMILIES NEED TO BE EXPOSED TO
- WE ALL LEARN FROM EXPOSURE AND EXPERIENCE

### Research shows local foods:

- 1) Locally grown food tastes and looks better.
- 2) Local food is better for you.
- 3) Local food preserves genetic diversity.
- 4) Local food is safe.
- 5) Local food supports local families.
- 6) Local food builds community.
- 7) Local food preserves open space.
- 8) Local food keeps taxes down.
- 9) Local food benefits the environment and wildlife.
- 10) Local food is an investment in the future.



## Calendar of Featured Foods

Features a nine month school year

### Year 1

1. Raspberries
2. Cabbage
3. Pumpkin
4. Beets
5. Cheese
6. Pork
7. Popcorn
8. Tomatoes
9. Leafy Greens

### Year 2

1. Apples
2. Cauliflower
3. Winter Squash
4. Potatoes
5. Yogurt
6. Poultry/Eggs
7. Oats
8. Cucumbers
9. Asparagus

### Year 3

1. Melons
2. Broccoli
3. Dry Beans
4. Carrots
5. Milk
6. Beef
7. Wheat/Honey
8. Peppers
9. Spinach

## Be Flexible!



Follow the lead of your children and families and the teachable moments that arise in your setting. Feel free to substitute the foods on our calendar.

### Some Great Reasons for Substituting with other Foods:

- Kohlrabi is ripe and ready to harvest from your school garden.
- A child brings in some basil from their family herb garden with a pesto recipe from his grandma.
- Two children in your program are allergic to dairy. Substitute another food item for the Cheese listed on our calendar.

Featured  
food of the  
Month:  
Raspberries



- Raspberry Quick Facts
- Raspberry Tips
- Buy Local: Leon Kern
  - Vegetables and Fruits (Raspberries, apples and pears)
  - Garber, IA
- Recipes – 5 ingredients or less
- Curriculum Connections
- Literacy Connections
- Art Connections
- Math Connections
- Science Connections

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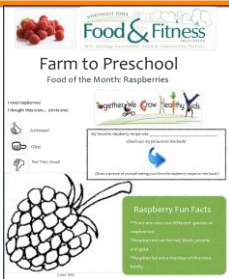
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## Kids Page




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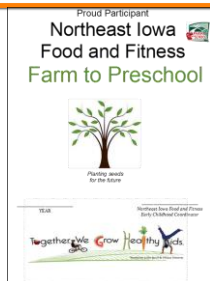
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## Posters for Classrooms



Farmer Don – Master Gardener




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Farm to Pre-School Cycle Menu – Fall Cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b> Grilled Chicken Breast W/G Bun Sweet Potato Fries Onions, Cut in Half	Spaghetti & Meat Sauce Breadstick Green Beans Pear Slides	Chicken Fajita Mixed Greens Salad Honey Rings or Onions Brown Rice	Chili and Crackers Cornbread Roasted Zucchini Yogurt	Cheese Pizza Sweet Corn Onionbenes
<b>Week 2</b> Onion Burger on W/G Bun Caramel Apples Baked Beans Applesauce	Mac & Cheese Pasta Onions, Cut in Half W/G Roll & Jelly	Soft Shell Taco Salsa Refined Beans Cantaloupe	Hamburger Gravy Marinated Potatoes Green Beans Onion Roll Pear Slides	Roasted Chicken Onion Roll Spinach Tomato Salad Honey Rings or Onions
<b>Week 3</b> Chili Con Carne Corn & Dip Honey Rings or Onions Pasta Salad	Scallop Breadstick Beefsteak & Cauliflower Mixed Fruit	Quesadilla w/ Salsa Spinach Tomato Salad Refined Beans Pear Slides	Baked Fish Onion Roll & Jelly Baked Sweet Potato Slides Watermelon	Turkey Burger on W/G Bun Garlic Marinated Potatoes Green Beans Banana
<b>Week 4</b> Chili Con Carne on W/G Bun Roasted Potato Wedges Onions, Cut in Half	Chicken Alfredo Shrimp Scampi Mandarin Oranges	Two Sided w/ Mixed Greens Tortilla Chips Black Bean Salsa Watermelon	Roasted Turkey Marsh Potatoes & Onions Green Beans Onion Roll Cranberry Sauce Applesauce	Turkey Wrap Corn & Dip Pear Slides
<b>Week 5</b> BBQ Pork Sandwich Roasted Potato Wedges Cantaloupe Cantaloupe	Lasagna Breadstick Green Beans Watermelon	Beef Stew Refined Beans Mixed Greens Salad Salsa & Sour cream Onions, Cut in Half	Chicken Vegetable Rice Bowl Yogurt Pasta Apple Rings or Onions Yogurt	Peanut Butter Sandwich Corn & Dip Onionbenes

Modified from Northeast Iowa Farm to School Cycle Menu by Iowa Team Nutrition

Onions in Iowa and can be served in CACFP. Recipe source is available at [Northwest Iowa Food & Fitness Initiative](http://northwest.iowafood.com/recipes/index.htm).  
\*Some fresh fruit and vegetables need an alternate for 1-3 year olds due to choking hazard, e.g., carved fruit, applesauce, or cooked vegetables.  
Please Note: All meals include 1% or skim milk.



For more information about 'Together We Grow Healthy Kids' curriculum or to receive the curriculum link contact Haleisa Johnson at [johnsonha@nicc.edu](mailto:johnsonha@nicc.edu)



ISU Extension & Outreach  
Connection for Garden Success

**Susan DeBlieck, MS**  
[deblieck@iastate.edu](mailto:deblieck@iastate.edu)

Program Assistant, Master Gardener Program  
Iowa State University Extension & Outreach





Iowa State University  
Extension & Outreach Resources



School  
Garden 101

Master  
Gardener

Nutrition &  
Wellness

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School Garden 101



### School Garden 101

JUMP-START YOUR SCHOOL GARDEN

Hands-on workshop series for high school, junior high, middle school and elementary school staff wanting to plan or better utilize a school garden.



**Spring 2016:**  
Des Moines  
Oelwein  
Waterloo

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Master Gardeners



**10 hours Continuing Education  
20 hours Volunteer Service**




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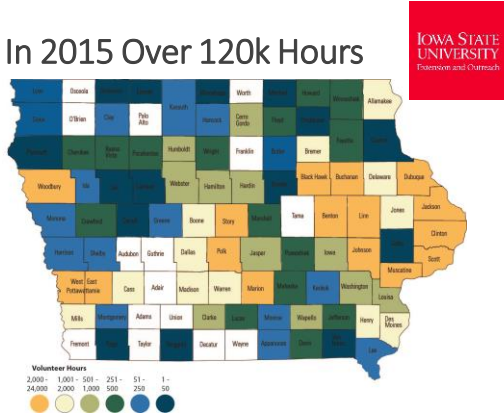
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## In 2015 Over 120k Hours




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## Master Gardeners

**IOWA STATE UNIVERSITY**  
Extension and Outreach



Teach

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## Master Gardeners

**IOWA STATE UNIVERSITY**  
Extension and Outreach



Field  
Trip

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# Master Gardeners



Altoona  
Ames  
Anamosa  
Burlington  
Dubuque  
Jefferson

Plant  
Sale

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# Master Gardeners



Build

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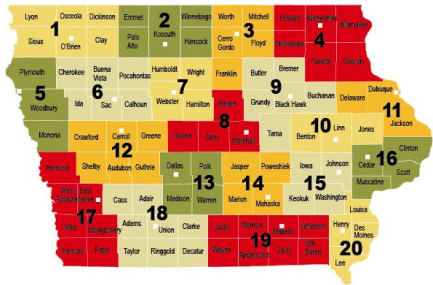
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# Nutrition & Wellness



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## Gardening with Children

IOWA STATE  
UNIVERSITY  
Extension and Outreach

### CHILDCARE PROVIDER NUTRITION TRAININGS



#### Upcoming:

May 9, Osceola  
May 10, Davenport  
May 10, Sidney  
May 11, Manchester  
May 16, Spirit Lake  
May 17, Decorah



**Susan DeBlieck, MS**

deblieck@iastate.edu

www.extension.iastate.edu/mastergardener

Program Assistant, Master Gardener Program  
Iowa State University Extension & Outreach



## \$500 Farm to CACFP Sub-Grant

**Farm to CACFP**  
Small Scale Grant Request Application

**Eligible Expenses:**  
• Purchase of produce and support items for children  
• Reproduction of materials for children's education  
• Transportation and travel for children  
• Reproduction of materials for children's education  
• Transportation and travel for children  
• Reproduction of materials for children's education  
• Transportation and travel for children

**Application due:** May 13, 2016  
**Final report due:** July 8, 2016

**Requester Information:**  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Contact Name: \_\_\_\_\_ Position: \_\_\_\_\_  
Contact Email: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

**Requester Information:**  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
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Contact Email: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

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City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Contact Name: \_\_\_\_\_ Position: \_\_\_\_\_  
Contact Email: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

- All expenses must support Farm to CACFP activities
- Applications due May 13<sup>th</sup>
- Funds can be used for taste testing, gardening activities, nutrition education, and staff time
- Final Report due July 8, 2016



## Farm to CACFP Sub-Grant Expenditures



- Gardening Supplies - seeds/seedlings, grow lights, potting soil and starter pots
- Container gardens
- Nutrition Education materials and books about growing fruits and vegetables
- Staff time



## Farm to CACFP Resources

- [Iowa Farm to School Toolkit](#)
- [The USDA Farm to School Planning Toolkit](#)
- [Grow It Try It Like It](#)
- [Farm to Preschool Website](#)
- [Farm to Preschool Flyer](#)



## Farm to CACFP On-line Module



- Introduction to Farm to CACFP
- Starting a Garden
- Farm Field Trips
- Nutrition Education
- Purchasing Local Foods
- Seasonal Menus & Recipes
- **Additional Modules:**
  - Meaningful Mealtimes
  - Trying New Foods
  - Provide Opportunities for Active Play
  - Nutrition Education in a Childcare Setting








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[patti.delger@iowa.gov](mailto:patti.delger@iowa.gov)

**Carrie Scheidel**  
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**Susan DeBlieck**  
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